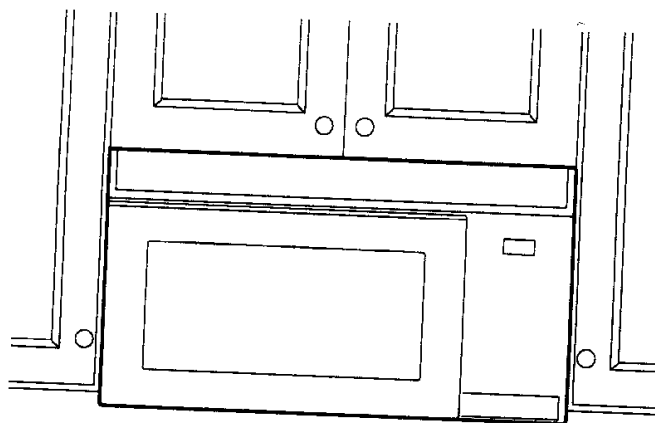


**USER'S GUIDE
AND COOKING GUIDE**

**Over-The-Range Microwave Oven
Model CMV1100AA**



Read these instructions carefully before using your microwave oven.
Part no.8112p170-60 MCS p/n 74005586 A/08/00

SAVE THESE INSTRUCTIONS

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) **Do not** attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- (b) **Do not** place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c) **Do not** operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:
 - (1) DOOR (bent)
 - (2) HINGES AND LATCHES (broken or loosened)
 - (3) DOOR SEALS AND SEALING SURFACES
- (d) **The oven** should not be adjusted or repaired by anyone except properly qualified service personnel.

SPECIFICATIONS

Model:	CMV1100AA
Power Source:	AC 110-120V, 60 Hz
Power Consumption:	1500W
Maximum Output:	1000W*
Oven Capacity:	1.5 cu. ft.
Turntable Diameter:	10 ^{-13/16"}
Dimensions: (w x h x d)	29 ^{-7/8"} x 17" x 14 ^{-1/2"}
Weight: Approx.	59.5 lbs.

Specifications subject to change without notice.

*According to IEC-705 test procedure. The IEC-705 test procedure is an internationally recognized method of rating microwave wattage output.

Please record your product's information

When you call to request service, you need to know your complete model number and serial number. Please fill in the information below. Please also record purchase date, price and where purchased. Keep your sales receipt and/or cancelled check as proof of purchase.

Model Number: _____ (Located on the front of the oven)

Serial Number: _____ (Located on the front of the oven)

Date of Purchase: _____

Where Purchased: _____

For additional questions, please contact us:

Maytag Customer Assistance
 Atten: CAIR® Center
 P.O.Box 2370
 Cleveland, TN 37320-2370
 1-800-688-1120(USA and CANADA)
 1-800-688-2080(U.S.TTY for deaf,
 hearing impaired or speech
 impaired)
 (Mon.-Fri., 8am-8pm Eastern Time)
 Internet: <http://www.maytag.com>

For service and warranty information, see page 35-36.

IMPORTANT

Please keep your sales slip. Should any warranty service be required, proof of original date of purchase is needed.

NOTE

In our continuing effort to improve the quality of our appliances, it may be necessary to make changes to the appliance without revising this guide.

REGISTRATION

Federal law requires registration of all microwave ovens. To comply with the law, please fill out the PRODUCT

REGISTRATION CARD packed with the oven.

1. Check the model and serial numbers on the card to see that they match the numbers on the data plate. The data plate is located on the front of the oven when the door is open. If the numbers on the card are not the same as those on the data plate, cross out the numbers on the card and write in the numbers as they appear on the data plate.
2. Mail the card. The return address is included on the reverse side of the card.

If you move or are not the original owner of this oven, you must by law renew the registration. Send the renewal registration information to:

**Maytag Customer Service
 Warranty Administration
 P. O. Box 4970
 Cleveland, TN 37320-4970**

Renewal Registration information must provide:

- a) Your name and address.
- b) The microwave oven's model and serial numbers.

SAFETY

SET UP

OPERATION

COOKING GUIDE

MAINTENANCE

TABLE OF CONTENTS

SAFETY			
Important Safety Instructions	4	One Touch Cooking	16
Proper and Safe Use of Your Oven	5	Optional Settings	17
Grounding Instructions	6	Auto Defrost	18
Interference Note	7	Add 30 Seconds	19
Utensils	7	Quick Start Cooking	20
Materials	8	Custom Programs	21
		Turntable Setting	22
		Fan Speed Control	22
		Light	22
		Delay Off-Fan	23
SETTING UP YOUR OVEN			
Names of Oven Parts and Accessories	9		
Turntable Installation	10	COOKING GUIDE	
Charcoal Filter Installation	10	Cooking Principles and Techniques	24
Grease Filter Installation	10	Cooking with Metal Rack	25
		One Touch Cooking	26
		Meats, Poultry and Fish	28
OPERATION			
Control Panel and Features	11		
Selecting Ventilation Direction	13	MAINTENANCE	
Setting Clock	13	Troubleshooting	31
Child Lock-Out	13	Questions and Answers	32
Timer	14	Care and Cleaning	33
Timed Cooking and Power Level	14	Warranty	35

IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliances, basic safety precautions should be followed, including the following:



WARNING - To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

1. Read all instructions before using the appliance.
2. Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" on page 2.
3. As with most cooking appliances, close supervision is necessary to reduce the risk of a fire in the oven cavity.

If a fire should start:

 - Keep the oven door closed
 - Turn the oven off, and
 - Disconnect the power cord or shut off power at the fuse or circuit breaker panel.

Keep in mind the following rules at all times to reduce the risk of fire in the oven cavity:

 - a. Do not overcook food. Carefully attend the appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - b. Do not use the oven cavity for storage purposes. Do not store combustible items such as bread, cookies, paper products, etc. inside the oven. If lightning strikes the power line, the oven may turn on by itself.
 - c. Remove wire twist-ties and metal handles from paper or plastic containers/bags before placing them in the oven.
4. This oven must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" on page 6.
5. Install or locate this oven only in accordance with the provided installation instructions.
6. Some products such as whole eggs, water with oil or fat, sealed containers and closed glass jars may explode and therefore should not be heated in this oven.
7. Use this appliance only for its intended use as described in the manual. Do not use corrosive chemicals or vapors in this appliance. This oven is specifically designed to heat or cook or defrost food. It is not designed for industrial or laboratory use. It is intended for home use.
8. As with any appliance, close supervision is necessary when used by children.
9. Do not operate this oven if it has a damaged cord or plug, if it is not working properly or if it has been damaged or dropped.
10. This appliance should be serviced only by qualified service technicians. Contact the nearest authorized service facility for examination, repair or adjustment.
11. Do not cover or block any vents on the oven.
12. Do not store or use this appliance outdoors.
13. Do not use this oven near water, near a kitchen sink, in a wet basement or near a swimming pool, and the like.
14. Do not immerse cord or plug in water.
15. Keep cord away from heated surfaces.
16. Do not let cord hang over edge of table or counter.
17. When cleaning door and oven surfaces that meet when door is closed, use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth. (See "Care and Cleaning" instructions on page 33.)
18. Do not mount over a sink.

19. This oven is suitable for use above both gas and electric cooking equipment.
20. This oven is intended to be used above ranges with a maximum width of 30 inches.
21. Clean the underside of the microwave oven often. Do not allow grease to build up on the microwave oven or the fan filters.
22. When flaming foods under the hood, turn the fan on.
23. Use care when cleaning the vent-hood filter. Corrosive cleaning agents, such as lye-based oven cleaners, may damage the filter.

SAVE THESE INSTRUCTIONS

PROPER AND SAFE USE OF YOUR OVEN

- The oven must be level.
- The turntable and turntable roller rest must be in the oven during cooking.
- Place cookware gently on the turntable and handle it carefully to avoid possible breakage.
- Incorrect use of browning dish may cause the turntable to break. See page 8.
- When using the Popcorn feature of this microwave oven, use only the bag sizes specified in the instruction manual.
- Do not pop popcorn except in a microwave approved popcorn popper or in a commercial package recommended especially for microwave ovens.
- The oven has several built-in safety switches to ensure that the power remains off when the door is open. Do not tamper with these switches.
- Do not operate the microwave oven empty. Operating the oven without any food or food that is extremely low in moisture can cause fire, charring or sparking.
- Do not cook bacon directly on the turntable. Excessive local heating of the turntable may cause it to break.
- Do not heat baby bottles or baby food in the microwave oven. Uneven heating may occur and could cause physical injury.
- Do not heat narrow-necked containers, such as syrup bottles.
- Do not attempt to deep-fry in your microwave oven.
- Do not do home canning in this microwave oven as it is impossible to be sure all contents of the jar have reached boiling temperature.
- Do not use this microwave oven for commercial purposes. This microwave oven is made for household use only.
- Liquids, such as beverages, that are heated in a microwave oven, can overheat beyond their boiling point without any evidence of bubbling. This could result in hot liquids suddenly boiling over. To prevent this occurrence, the following steps should be taken:
 - (a) Avoid using straight-sided containers with narrow necks.
 - (b) Do not overheat.
 - (c) Stir the liquid before placing the container in the oven and again halfway through the heating time.
 - (d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
- The metal rack must be removed from the oven when the rack is not used for cooking.

GROUNDING INSTRUCTIONS



DANGER Electric Shock Hazard

- Touching some of the internal components can cause serious personal injury or death. Do not disassemble this appliance.



WARNING Electric Shock Hazard

- Improper use of the grounding plug can result in electric shock. Do not plug into an outlet until appliance is properly installed and grounded.

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord that has a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

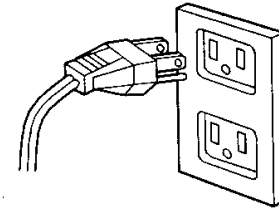
Where standard two-prong wall receptacle is encountered, it is your personal responsibility and obligation to have it replaced with a properly grounded three-prong wall receptacle.

Do not under any circumstance cut or remove the third (ground) prong from the power cord. Do not use an adapter plug with this appliance.

Consult a qualified electrician or serviceman if the grounding instructions are not completely understood or if doubt exists as to whether the appliance is properly grounded.

Do not use an extension cord. If the power supply cord is too short, have a qualified electrician or serviceman install an outlet near the appliance.

NOTE: If your electric power line or outlet voltage is less than 110 volts, cooking times may be longer. Have a qualified electrician check your electrical system.



**Three-pronged
(grounding) plug**

INTERFERENCE NOTE

Microwave ovens generate radio frequency energy during operation and if not installed properly may cause interference to radio and television reception. You can determine if this unit is causing interference by turning it on and off while the interference is occurring. If interference occurs, it may be corrected by one or more of the following measures:

- clean door and seal surfaces of the ovens:
- reorient the television or radio receiving antenna:
- relocate the oven with respect to the television or radio receiver.
- plug the oven into a different outlet so that it and the television or radio receiver are on different circuits.

If the interference persists, you may want to consult an experienced radio/television technician for additional suggestions.

UTENSILS



CAUTION

Personal Injury Hazard

- Tightly-closed utensils could explode. Closed containers should be opened and plastic pouches pierced.

See following page for further instructions on "materials you can use in microwave oven or to be avoided in microwave oven." Do the test below to see if the utensil is safe for use in a microwave oven.

Utensil Test:

1. Fill a microwave-safe container with 1 cup of cold water (250 mL) along with the utensil in question.
2. Cook on **maximum** power (P100) for 1 minute.
3. Carefully feel the utensil.
If the empty utensil is warm, do not use it for microwave cooking.

Do not exceed 1 minute testing time.

CAUTION:

1. Do not use plastic containers for testing.
2. Some containers and dishware may be warm (or hot) in only one area. Do not use a container that becomes warm anywhere.

Materials you can use in microwave oven

Utensils	Remarks
Aluminum foil	Shielding only. Small smooth pieces can be used to cover thin parts of meat or poultry to prevent overcooking. Arcing can occur if foil is too close to oven walls. The foil should be at least 1 inch away from oven walls.
Browning dish	Follow manufacturer's instructions. The bottom of browning dish must be at least $\frac{3}{16}$ inch above the turntable. Incorrect usage may cause the turntable to break.
Dinnerware	Microwave-safe only. Follow manufacturer's instructions. Do not use cracked or chipped dishes.
Glass jars	Always remove lid. Use only to heat food until just warm. Most glass jars are not heat resistant and may break.
Glassware	Heat-resistant oven glassware only. Make sure there is no metallic trim. Do not use cracked or chipped dishes.
Oven cooking bags	Follow manufacturer's instructions. Do not close with metal tie. Make slits to allow steam to escape.
Paper plates and cups	Use for short-term cooking/warming only. Do not leave oven unattended while cooking.
Paper towels	Use to cover food for reheating and absorbing fat. Use with supervision for short-term cooking/warming only.
Parchment paper	Use as a cover to prevent splattering or a wrap for steaming.
Plastic	Microwave-safe only. Follow the manufacturer's instructions. Should be labeled "Microwave Safe." Some plastic containers soften as the food inside gets hot. If this happens, discard the food. "Boiling bags" and tightly closed plastic bags should be slit, pierced or vented as directed by package.
Plastic wrap	Microwave-safe only. Use to cover food during cooking to retain moisture. Do not allow plastic wrap to touch food.
Thermometers	Microwave-safe only (meat and candy thermometers).
Wax paper	Use as a cover to prevent splattering and to retain moisture.

Materials to be avoided in microwave oven

Utensils	Remarks
Aluminum tray	May cause arcing. Transfer food into microwave-safe dish.
Food carton with metal handle	May cause arcing. Transfer food into microwave-safe dish.
Metal or metal-trimmed utensils	Metal shields the food from microwave energy. Metal trim may cause arcing.
Metal twist ties	May cause arcing and could cause a fire in the oven.
Paper bags	May cause a fire in the oven.
Plastic foam cups	Plastic foam may melt or contaminate the liquid inside when exposed to high temperature.
Wood	Wood will dry out when used in the microwave oven and may split or crack.

SET UP

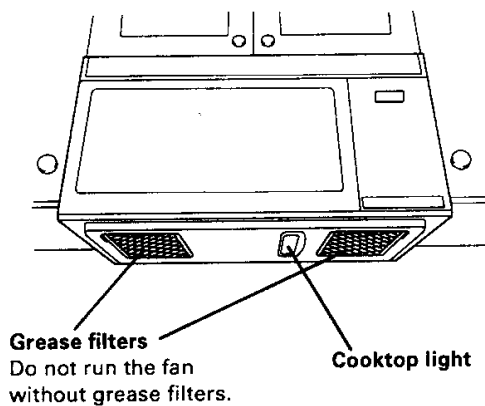
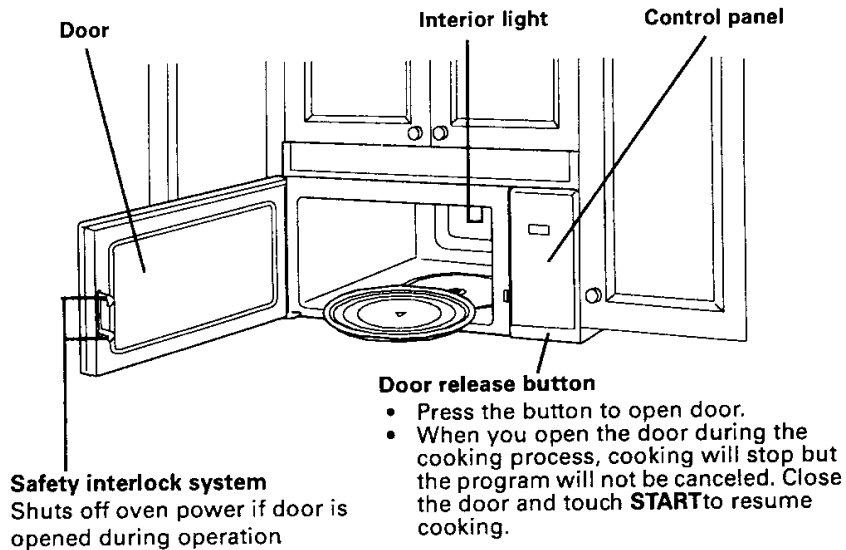
NAMES OF OVEN PARTS AND ACCESSORIES

Remove the oven and all materials from the carton.

Your oven comes with the following materials and accessories:

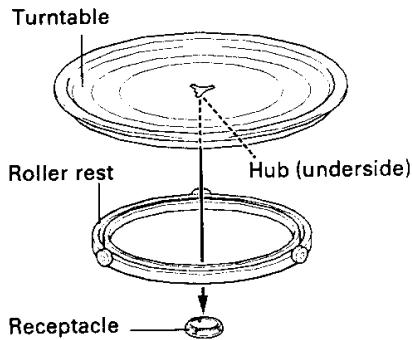
Turntable	1	Grease filter	2
Turntable roller rest	1	Charcoal filter	2
Instruction Manual	1	Damper assembly	1
Installation Instructions	1	Hardware package	1
Upper cabinet template	1	Metal rack	1
Wall template	1		

SET UP



Metal rack
When cooking two or three dishes at the same time or larger dishes.

TURNTABLE INSTALLATION



1. Place the roller rest on the cavity bottom.
2. Place the turntable on top of the roller rest as shown in the diagram. Make sure the turntable hub is securely locked in the receptacle.

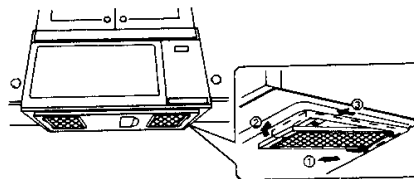
- **Never place the turntable upside down.** The turntable should never be restricted.
- Both turntable and roller rest must always be used during cooking.
- All food and containers of food must always be placed on the turntable for cooking.
- **The turntable returns to its original starting position** when cooking is finished. The light and fan will remain on but microwave power is turned off.
- The turntable rotates clockwise and counterclockwise; this is normal.
- If turntable or roller rest cracks or breaks, contact your nearest authorized service center for more information regarding replacement.

CHARCOAL FILTER INSTALLATION

If the microwave oven has been installed for room venting, the air vented by the fan will be recirculated back into the room through a pair of disposable charcoal filters that help to remove smoke and odors. If these filters become excessively dirty or discolored, they should be replaced. Under normal conditions, these filters should be replaced once every 6 to 12 months.

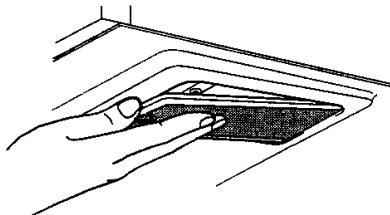
1. Disconnect the power supply.
2. Grasp the charcoal filter with both hands, each one holding an opposite end of the filter.

3. Insert one end of the filter into the opening as shown. Insert other end into the opening and slide toward the front side of microwave oven until filter is securely in position.
4. Repeat for other charcoal filter.



GREASE FILTER INSTALLATION

The reusable metal grease filters trap grease released by food on the cooktop. They also prevent damage to the inside of microwave due to flames from food on the cooktop.

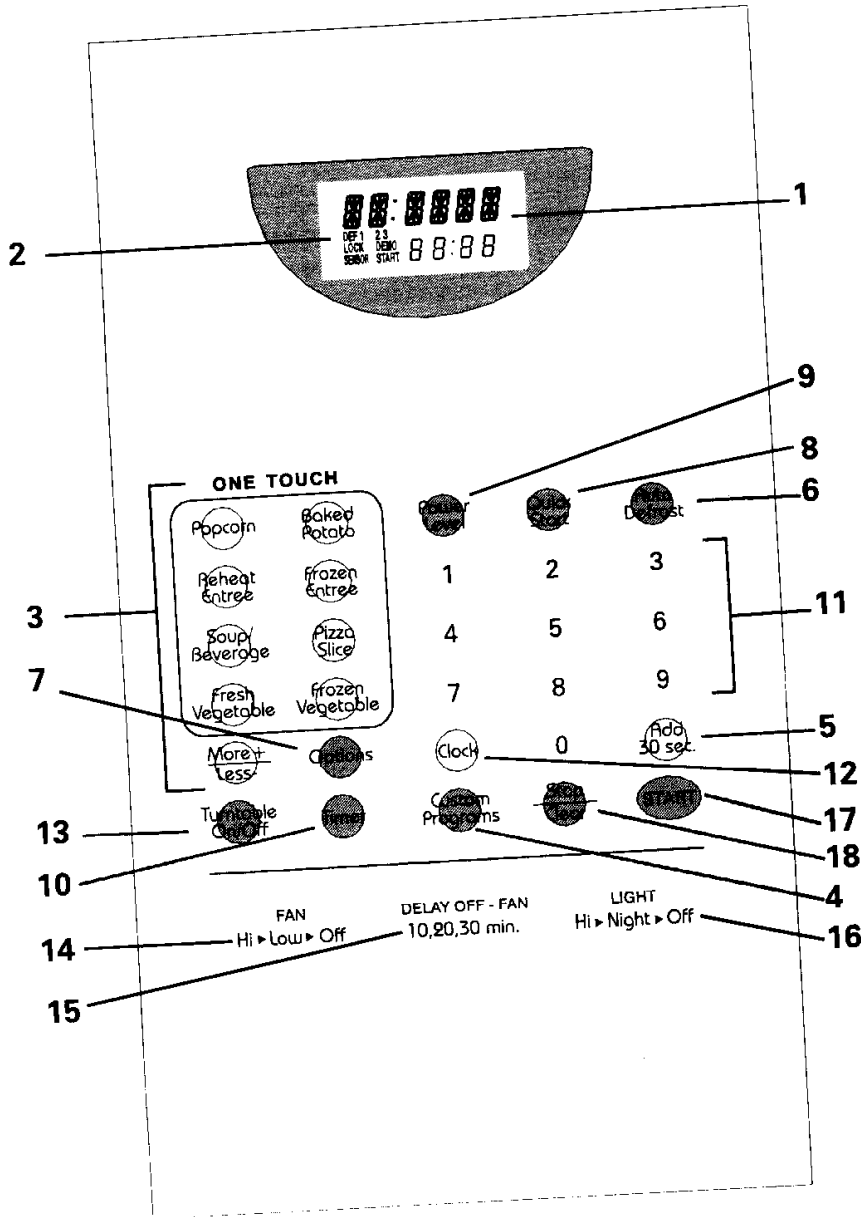


1. Disconnect the power supply.
2. Grasp the grease filter with one hand holding the ring and the other hand holding the opposite end.
3. Insert one end of the filter without ring into the opening and slide toward the rear of microwave oven.
4. Insert ring end of grease filter into the opening and slide entire filter towards the front side of the microwave oven until filter is securely in position.
5. Repeat for other grease filter.

OPERATION

CONTROL PANEL AND FEATURES

Remember: After connecting supply cord, follow word prompts for setting proper ventilation direction. The oven will not operate until ventilation direction is selected.



OPERATION

CONTROL PANEL AND FEATURES (CONT.)

- (1) **Display Window**
Upper line: Counts down cooking time in minutes and/or seconds. Shows clock time when oven is not in use. The word prompt scrolls to guide you when setting the clock and at every operation stage.
Lower line: Shows power level when using Timed Cooking. Shows Timer time when this feature is selected.
- (2) **Indicators**
Indicators light or flash in the display window.
1/ 2/ 3: Lights to indicate current cooking stage.
DEF: Lights during Auto Defrost.
LOCK: Lights to indicate the Child Lock-Out feature is set.
START: Flashes to prompt you to press START.
- (3) **One Touch keypads** (page 16)
Popcorn
Reheat Entree
Soup/Beverage
Fresh Vegetable
Baked Potato
Frozen Entree
Pizza Slice
Frozen Vegetable
More/Less
Adds or reduces cooking time for One Touch menu keypads.
- (4) **Custom Programs** (page 21)
- (5) **Add 30 sec.** (page 19)
- (6) **Auto Defrost** (page 18)
Provides two options. Press once to set Quick Defrost, twice to set Defrost.
Defrost: Provides more thorough defrosting results.
Quick Defrost: Provides faster defrosting results. This option is excellent for thawing items such as ground meat for use in spaghetti sauce or for taco meat.
- (7) **Options** (page 17)
Allows you to customize the following oven feature settings: word prompt on/off, clock on/off, beep on/off, word speed, language selection, weight selection and turbo exhaust for room venting.
- (8) **Quick Start** (page 20)
Used with a number key, this feature allows for the immediate start of one of 10 preset times from 30 seconds to 9 minutes.
- (9) **Power Level** (page 14)
- (10) **Timer** (page 14)
- (11) **Number keys**
- (12) **Clock** (page 13)
- (13) **Turntable On/Off** (page 22)
To turn turntable on or off.
- (14) **FAN** (page 22)
To increase or decrease fan speed.
- (15) **DELAY OFF-FAN** (page 23)
To turn off fan automatically at your selected time.
- (16) **LIGHT** (page 22)
To turn the regular light or night light on and off.
- (17) **START**
 - To start cooking.
 - To set and cancel child lock-out.
- (18) **Stop/Clear**
 - Clears all previous settings if pressed before cooking starts. Press once to stop oven during cooking. Press twice to stop and clear all entries.
- Beep Sound**
A beep sounds when a keypad is pressed, to confirm your key entry.

SELECTING VENTILATION DIRECTION

After connecting power supply cord, you must select proper ventilation direction. If your microwave oven has been installed for room venting, press number 1. If your oven has been installed for roof or wall venting, press number 2. This is to be sure that exhaust air is vented correctly.

Example: To set for room ventilation:

Step	Procedure	Keypad				
1	Plug in. Press 1 to select room venting.	1				
	<table border="1"> <thead> <tr> <th>Press</th> <th>Vent way</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Room Venting</td> </tr> <tr> <td>2</td> <td>Roof or Wall Venting</td> </tr> </tbody> </table>		Press	Vent way	1	Room Venting
Press	Vent way					
1	Room Venting					
2	Roof or Wall Venting					
2	Press any key except 1 and 2 to fix the room venting direction. Example: 3	3				

- Note:**
- If you do not select a ventilation direction, you can not use the oven.
 - When you reset the ventilation direction or after a power interruption, unplug the oven from the AC outlet and plug it in again and then reset the proper ventilation direction.

SETTING CLOCK

To set the correct time of day, follow the steps below.

Example: To set 3:15:

Step	Procedure	Keypad
1	Press Clock .	Clock
2	Press 3, 1 and 5 to enter time of day.	3 1 5
3	Press Clock . The clock begins operation.	Clock

- Note:**
- If the clock (or display) shows any abnormality, unplug the oven from the AC outlet. Plug it in again and then reset the clock.
 - When your oven is plugged in for the first time or after a power interruption, reset the clock.
 - This is a 12-hour clock.
 - You can use the oven without setting the clock.
 - The clock display can be turned off. See page 17 (Optional Settings) for more details.

CHILD LOCK-OUT

The oven has a safety feature which prevents use by children. This feature locks the operation of the oven until canceled.

To set:

Step	Procedure	Keypad
1	Press START and hold for 4 seconds. LOCK appears in the display.	START

To cancel:




Step	Procedure	Keypad
1	Press START and hold for 4 seconds. LOCK disappears from the display.	START

OPERATION

TIMER

You can set and use the Timer function independently, or while a cooking program is in progress. The Timer will be displayed on the lower line of the display. Timer can be set from 0 to 99 minutes 99 seconds.

Example: To set timer for 3 minutes:

Step	Procedure	Keypad
1	Press Timer .	
2	Press 3 , 0 and 0 to set 3 minutes.	
3	Press START . The timer starts counting and oven will beep for 7 seconds when time is up.	

- Note:**
- To clear a Timer setting, press **Stop/Clear**. If you are using both Timer and cooking, press **Timer**. Timer on the lower line of the display flashes for 5 seconds. Press **STOP/CLEAR** while Timer on the lower line of display flashes. The Timer will stop but the oven continues cooking to the end.
 - To stop beeps of Timer, touch **Timer**.
 - Timer will not beep if the oven beeps at the same time to indicate another oven operation (the end of a cooking, for example).
 - If you do not enter a time for 10 seconds after step 1, the setting is cleared with a beep.
 - If cooking completes while you are setting the Timer, all settings are cleared. Restart from step 1.
 - If no key is touched for 5 seconds after the last key entry at step 2 above, the timer automatically starts.

TIMED COOKING AND POWER LEVEL

This basic microwave cooking method allows you to cook food for a desired time. The oven can be programmed up to 99 minutes 99 seconds of cooking. In addition to the **P100** (maximum) power level, you can select different microwave power from 10 levels, **P 0** to **P90** (0-90% of total power level).




Multi-stage Cooking:

You can program the oven for up to 3 stages of cooking in sequence. Each stage can be programmed with a different time setting and power level. To program 2-stage or 3-stage cooking, go through steps 1-2 on page 15. Steps 1-2 should be followed for each stage of cooking that is programmed. After the time and power levels have been entered for all stages, press **START**. The oven will cook in accordance with the time and power sequences that were entered.

Delay Start Cooking:

You can delay the time that you would like the cooking to start. Cooking can be delayed up to 99 minutes and 99 seconds. To delay cooking, follow procedure for multistage cooking, but for stage 1 use power level **P 0**.

Example: To cook at power level P80 for 40 seconds:

Step	Procedure	Keypad																								
1	Enter 40 seconds by pressing 4 and 0.																									
2	Press Power Level until P80 appears in the display. <table border="1" data-bbox="256 282 683 609"> <thead> <tr> <th>Power level</th> <th>Press</th> </tr> </thead> <tbody> <tr> <td>P100 (100%)</td> <td>once</td> </tr> <tr> <td>P90(90%)</td> <td>twice</td> </tr> <tr> <td>P80(80%)</td> <td>3 times</td> </tr> <tr> <td>P70(70%) Medium High</td> <td>4 times</td> </tr> <tr> <td>P60(60%)</td> <td>5 times</td> </tr> <tr> <td>P50(50%) Medium</td> <td>6 times</td> </tr> <tr> <td>P40(40%)</td> <td>7 times</td> </tr> <tr> <td>P30(30%) Med Low/Defrost</td> <td>8 times</td> </tr> <tr> <td>P20(20%)</td> <td>9 times</td> </tr> <tr> <td>P10(10%)</td> <td>10 times</td> </tr> <tr> <td>P 0 (0%)</td> <td>11 times</td> </tr> </tbody> </table>	Power level	Press	P100 (100%)	once	P90(90%)	twice	P80(80%)	3 times	P70(70%) Medium High	4 times	P60(60%)	5 times	P50(50%) Medium	6 times	P40(40%)	7 times	P30(30%) Med Low/Defrost	8 times	P20(20%)	9 times	P10(10%)	10 times	P 0 (0%)	11 times	
Power level	Press																									
P100 (100%)	once																									
P90(90%)	twice																									
P80(80%)	3 times																									
P70(70%) Medium High	4 times																									
P60(60%)	5 times																									
P50(50%) Medium	6 times																									
P40(40%)	7 times																									
P30(30%) Med Low/Defrost	8 times																									
P20(20%)	9 times																									
P10(10%)	10 times																									
P 0 (0%)	11 times																									
3	Press START .																									

OPERATION

- Note:**
- If no power level is entered, the power level will always be **P100** (100%).
 - Foods with high moisture content should be cooked on **P100** power.
 - To check the power level while Timer is operating, press **Power Level**.
 - To change power level during cooking, Press **Power Level**. Power level on the lower line of the display flashes for 3 seconds. During this time, press **Power Level** repeatedly until your desired power level appears.



POWER LEVEL SETTING GUIDE

P100 <ul style="list-style-type: none"> • Cooking poultry, vegetables, and most casseroles. • Boiling water. • Preheating a browning dish. 	P50 Medium <ul style="list-style-type: none"> • Cooking custards and pasta. • Cooking rump roast, ham, veal, lamb.
P90 <ul style="list-style-type: none"> • Reheating rice and pasta. 	P40 <ul style="list-style-type: none"> • Cooking less tender cuts of meat in liquid or slow-cooking dishes. • Completing the cooking cycle of less tender roasts.
P80 <ul style="list-style-type: none"> • Reheating precooked or prepared food quickly. • Cooking fish. 	P30 Med Low/ Defrost <ul style="list-style-type: none"> • Completing the cooking cycle of casseroles, stews, sauces. • Time defrosting.
P70 Medium High <ul style="list-style-type: none"> • Cooking cheese dishes. 	P20 <ul style="list-style-type: none"> • Softening chocolate. • Clarifying butter. • Heating breads, rolls, pancakes, tacos, tortillas, French toast.
P60 <ul style="list-style-type: none"> • Cooking scrambled eggs. • Baking cakes. 	P10 <ul style="list-style-type: none"> • Softening cream cheese, butter. • Keeping casseroles warm.

ONE TOUCH COOKING

One Touch Cooking allows you to reheat or cook food automatically without entering power level or time. Choose the appropriate keypad and press 1 - 4 times, depending on the serving size or weight, and press **START**.

Example: To heat 2 servings of soup:

Step	Procedure	Keypad
1	Press Soup/ Beverage twice.	
2	Press START . The time counts down in the display.	

One Touch Cooking Serving Sizes:

Food Keypad	Press Food Keypad			
	once	2 times	3 times	4 times
REHEAT ENTREE	1 serving (6 oz)	2 servings (9 oz)	3 servings (12 oz)	-
FROZEN ENTREE	6 oz	9 oz	15 oz	20 oz
SOUP/BEVERAGE	1 serving (8 oz)	2 servings (16 oz)	3 servings (24 oz)	-
PIZZA SLICE	1 slice (3 oz)	2 slices (6 oz)	3 slices (9 oz)	-
POPCORN	3.5 oz	3.0 oz	1.75 oz	-
BAKED POTATO	1 potato (6 oz)	2 potatoes (12 oz)	3 potatoes (18 oz)	-
FRESH VEGETABLE	4 oz	8 oz	12 oz	-
FROZEN VEGETABLE	5 oz	10 oz	16 oz	-

MORE/LESS TIME ADJUSTMENT

The **More +/-Less** keypad allows preset fine adjustments in One Touch microwaving by either increasing or decreasing the preprogrammed cooking time.

You can change the cooking time by pressing **More/Less** key once or twice.

To increase the time by 4-20%, press **More/Less** once, and press **START**.

To decrease the time by 8-20%, press **More/Less** twice, and press **START**.

Note: Choose the serving size/weight closest to the actual weight. Example - for an 8 oz. entree to reheat, press the food keypad twice (for a 9 oz. serving) and use the more/less keypad to reduce the cooking time for your 8 oz. serving.

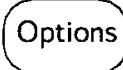

OPTIONAL SETTINGS

The **Options** key allows you to customize oven feature settings as shown below.:

Optional Features	Press Options pad	Press number pads to select
Word Prompt on/off The Word Prompt may be turned on or off*.	once	1-ON 2-OFF *Prompt words may be shortened.
Clock on/off The clock display can be turned off and back on.	twice	1-ON 2-OFF
Beep on/off The beep sound may be turned off and back on.	3 times	1-ON 2-OFF
Word Speed Setting The word speed can be changed to your preference.	4 times	1-HIGH 2-MEDIUM (default setting) 3-LOW
Language Selection You can select from English, Spanish or French for display.	5 times	1-ENGLISH (default setting) 2-ESPAÑOL 3-FRANÇAIS
Weight Selection The weight selection can be changed to your preference.	6 times	1-LB (default setting) 2-KG
Turbo Exhaust To increase air speed of exhaust fan for room ventilation. This option only appears on display when Room Venting is selected.	7 times	1-YES (Exhaust fan operates at highest speed.) 2-NO (Exhaust fan speed will not change.)

OPERATION

Example: To select Spanish for Word Prompt display:

Step	Procedure	Keypad
1	Press the Options key 5 times until language choice prompt appears: 1-ENGLISH 2-ESPANOL 3-FRANCAIS	
2	Press 2 to select Spanish.	

Note: When first plugged in, the oven will automatically display English in the Word Prompt display.





AUTO DEFROST

Auto Defrost allows you to easily defrost food two ways. Power levels and times are automatically determined when the food weight is entered. Press Auto Defrost twice for DEFROST. Press Auto Defrost once for QUICK DEFROST.

DEFROST: Use for more thorough defrosting of larger, dense frozen foods, ideal for items such as roasts, whole chicken and steak.

QUICK DEFROST: Use to assist in the separation of frozen pieces of chicken, ground meats, or fish that need preparation prior to cooking. Excellent for defrosting ground meat for use in spaghetti sauce or taco meat.

Example: To thoroughly defrost a 2.5 lb whole chicken:

Step	Procedure	Keypad																				
1	<p>Press Auto Defrost twice to select Defrost course.</p> <table border="1"> <thead> <tr> <th>Press</th> <th>Defrost course</th> </tr> </thead> <tbody> <tr> <td>once</td> <td>QUICK DEFROST</td> </tr> <tr> <td>twice</td> <td>DEFROST</td> </tr> </tbody> </table>	Press	Defrost course	once	QUICK DEFROST	twice	DEFROST															
Press	Defrost course																					
once	QUICK DEFROST																					
twice	DEFROST																					
2	<p>Enter the weight of food. Weight must be converted to pounds and tenths (0.1) of a pound. Example: 2 lb. 8 oz. = 2.5 lbs</p> <p>Conversion Chart:</p> <table border="1"> <thead> <tr> <th>Ounces</th> <th>Tenths of a Pound</th> </tr> </thead> <tbody> <tr><td>1 - 2</td><td>0.1</td></tr> <tr><td>3 - 4</td><td>0.2</td></tr> <tr><td>5</td><td>0.3</td></tr> <tr><td>6 - 7</td><td>0.4</td></tr> <tr><td>8</td><td>0.5</td></tr> <tr><td>9 - 10</td><td>0.6</td></tr> <tr><td>11 - 12</td><td>0.7</td></tr> <tr><td>13</td><td>0.8</td></tr> <tr><td>14 - 15</td><td>0.9</td></tr> </tbody> </table>	Ounces	Tenths of a Pound	1 - 2	0.1	3 - 4	0.2	5	0.3	6 - 7	0.4	8	0.5	9 - 10	0.6	11 - 12	0.7	13	0.8	14 - 15	0.9	 
Ounces	Tenths of a Pound																					
1 - 2	0.1																					
3 - 4	0.2																					
5	0.3																					
6 - 7	0.4																					
8	0.5																					
9 - 10	0.6																					
11 - 12	0.7																					
13	0.8																					
14 - 15	0.9																					
3	<p>Press START. Total defrost time appears in the display.</p>																					

Defrosting Techniques:

- Remove freezer paper, plastic wrap or foil wrap. Place food in a microwave-safe dish.
- To prevent thin parts and edges from becoming too warm and cooking before center of food is defrosted, shield with small pieces of aluminum foil.
- Because some foods will still be icy in the center, it is necessary to have standing time after defrosting the food in the oven. Food should be taken out of the oven to complete defrosting. A longer standing time might be required for denser foods such as roasts.
- **Timed Defrosting:** Use power level **P30** (Medium Low). For most frozen foods, allow approximately 5 minutes per pound. To speed up the defrosting of dense foods over 1 lb, you may start on **P100 for 2 minutes**. Then reduce to the power level **P30** and enter remaining time.

- Note:**
- Maximum weight for defrosting is 5.9 lbs. If weight is entered at more than 5.9 lbs, a beep sounds to alert you to enter correct weight.
 - If **START** is pressed without entering a weight, the control will default to 1.0 lb.
 - **Beep tone sounds 5 times during the defrosting cycle to signal that food should be rearranged to improve defrosting performance.** After turning or rearranging, close door and press **START**. The oven continues the defrosting cycle to the end if you do not open the door.
 - Food should be removed from styrofoam packages before defrosting.

DEFROSTING CHART

Item	During Defrosting
Ground Meat (Beef, Poultry)	Turn over. Remove defrosted portions.
Steaks/Chops/Ribs/Roasts/Whole Chicken/Meat Pieces such as Chicken Pieces, Liver, Stew Meat, Bacon, Fish or Seafood	Turn over and rearrange. Shield warm or defrosted portions with small pieces of aluminum foil. Break apart pieces and remove any meat, poultry, or fish that is almost thawed. Some ice crystals should remain. Rinse chicken pieces, Cornish hens and fish fillets in cold water to separate after defrosting.

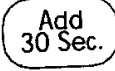

OPERATION

ADD 30 SECONDS

This feature provides 2 functions:

- Allows you to cook for only 30 seconds on P100 (maximum power).
- Allows you to extend a cooking time by 30 seconds without pressing **START**. You can repeat this option up to 3 times during Timed Cooking.

Example: To set 30-second cooking:



Step	Procedure	Keypad
1	Press Add 30 sec. once.	
2	Press START . The display shows time countdown.	

Note: This feature cannot be used during One Touch Cooking or Auto Defrost by weight.

QUICK START COOKING

A time-saving feature, this simplified control lets you quickly set and start microwave cooking without pressing **START**.

Example: To set Quick Start cooking for 2 minutes:

Step	Procedure	Keypad
1	Press Quick Start .	
2	Press 2 . The display shows time counting down.	

Press	Cooking time
0	30 seconds
1 - 9	1 - 9 minutes

Note: This feature only cooks at highest power level (P100).

QUICK START REHEATING AND COOKING CHART

Reheating	Amount	Time	Special Notes
Meat Chili, stews	2 cups	3 - 4 min.	Place in microwave-safe dish. Cover. Stir halfway through cooking time.
Hamburgers, meat loaf slices	1 serving 2 servings	$\frac{1}{2}$ - 1 min. 1 - 2 min.	Place on microwave-safe plate. Cover with paper towel. Turn over once.
Poultry Chicken pieces	2 4	1 - 2 min. 2 - 3 min.	Heat on microwave-safe plate. Cover with wax paper. If fried, cover with paper towel.
Chicken, turkey, sliced	3 - 5 oz	1 - 2 min.	Heat on microwave-safe plate. Cover with wax paper.
Seafood Shrimp, crab, or scallops in sauce, frozen	6 $\frac{1}{2}$ oz	3 - 5 min.	Pierce pouch and place on microwave-safe plate. Flex pouch to mix halfway through cooking time.
Cooked rice, pasta	1 cup (250 mL) 2 cups (500 mL)	1 - 2 min. 2 - 3 min.	Heat in microwave-safe casserole, covered with plastic wrap.
Canned vegetables	8 oz 15 oz	1 - 2 min. 2 - 3 min.	Use microwave-safe casserole, covered. Stir once.
Cooking	Amount	Time	Special Notes
Mashed potatoes instant	4 servings	3 - 5 min.	Follow package directions. Reduce liquid by 1 tbsp (15 mL).
Pudding and pie filling mix	3 $\frac{1}{4}$ oz	4 - 6 min.	Follow package directions. Stir once.
Cereals Cream of Wheat (regular)	$\frac{1}{4}$ cup (50 mL)	1 - 2 min.	Add $\frac{3}{4}$ cup (175 mL) of water. Cook uncovered. Stir once. Let stand for 1 minute.







CUSTOM PROGRAMS

For food or recipes prepared most often, you can easily customize a program using your own sequences or cooking stages (power levels/ cooking times). You can set 3 different custom programs (No. 1, No. 2 and No. 3). Each program may have 1 - 3 cooking stages.

For example, you frequently cook 1 cup long-grain rice. For Stage 1 you use 100% power for 5 minutes to bring water to a boil. You then add rice, salt and butter and for Stage 2 you use 30% power for 20 minutes to cook rice. To set these 2 cooking sequences in the first Custom Program (No.1):



Stage 1 for 5 minutes at P100 (100% power)

Stage 2 for 20 minutes at P30 (30% power)



1	Press Custom Programs once. No.1 appears in the display.	
2	Press 5, 0 and 0 to enter 5 minutes.	
3	Press Power Level once to select P100.	
4	Press 2, 0, 0 and 0 to enter 20 minutes.	
5	Press Power Level repeatedly until P30 appears in display.	
6	Press Custom Programs once. The Custom Program No.1 is now programmed into the microwave memory.	

OPERATION

To use a Custom Program:

1	Once programming is completed, you can call up any of your Custom Programs (No. 1, No. 2 or No. 3) by pressing the Custom Programs keypad once, twice or 3 times.	
2	Press START .	

To delete a Custom Program:

1	Call up the Custom Programs (No. 1, No. 2 or No. 3) you want to delete by pressing Custom Programs .	
2	Press 0 and then Custom Programs .	

- Note:**
- For custom programming, only Timed Cooking can be used.
 - For more details, see page 14 for multi-stage cooking.

TURNTABLE SETTING

The turntable plays an important part in even heat distribution in your microwave oven. The turntable, however, may be turned off to accommodate large dishes. Press **Turntable On/Off** once to turn turntable off and twice to turn turntable back on. It is better to keep the turntable on for optimum results.

Press	Turntable setting
once	OFF
2 times	ON

- Note:**
- Even if you change the turntable setting to off mode, your turntable will turn back ON when cooking is over.
 - This feature can only be set with Timed Cooking. You cannot turn off the turntable when using One Touch Cooking or Auto Defrost by weight.
 - Each time you press **Turntable On/Off**, the setting will change to either ON or OFF.
 - When your turntable is selected to off mode, rotate or rearrange the dish halfway through cooking for best results.

FAN SPEED CONTROL

This feature allows you to vent air from around the cooktop. Press once to set HIGH speed, 2 times to set LOW speed or 3 times to turn the fan off.

Press	Fan speed
once	HIGH
2 times	LOW
3 times	OFF

Automatic Fan:

When the oven senses too much heat rising from the cooktop below it, the fan automatically turns on at LOW speed to protect the microwave oven. The fan automatically turns off when the internal parts are cool and back to a safe level. When the fan is in automatic operation, * flashes in the display.

LIGHT

There are two light settings: regular and night light.

Press	Cooktop Light
once	Regular Light
2 times	Night Light
3 times	OFF

Note: The light turns off automatically after 3 hours.

DELAY OFF-FAN

Delay off allows you to turn the fan off automatically at a selected time up to 30 minutes. After you have selected the time, delay off time disappears from the display.

Press	Delay off time
once	10 minutes
2 times	20 minutes
3 times	30 minutes

- Note:**
- To check remaining time, press **DELAY OFF-FAN**. The remaining time appears in the display for 3 seconds.
 - To change the remaining time, press **DELAY OFF-FAN** while the display shows remaining delay off time. You may change to the original 10, 20 or 30 minute choice by pressing 1-3 times.
 - If fan is not operating then press **DELAY OFF-FAN**, fan will operate at HIGH speed.
 - When automatic fan is operating, the fan may not turn off automatically until the internal parts are cool and back to a safe temperature level.
 - To clear delay off mode or to change fan speed during delay off mode, simply press **FAN** key 1 - 3 times to select your desired setting.

OPERATION

COOKING PRINCIPLES AND TECHNIQUES

The advantages of microwave cooking are speed and efficiency. For warming, heating, and defrosting, nothing compares. Here are a few tips that will make microwaving easier and more enjoyable.

Microwave Cooking Principles

Because microwave cooking requires only one-quarter to one-third the time of conventional cooking, cooking principles become even more important.

Quantity

In microwave cooking, the cooking time is dependent on the amount of food in the oven. If you double the recipe, plan on doubling the cooking time.

Density

Dense foods, such as potatoes, need more cooking time, as they take longer for microwave energy to penetrate and for the heat to be conducted through them.

Shape and Size

Cut food into uniform shapes and sizes for even cooking in the microwave. When cooking irregular shapes (such as chicken pieces), place the thicker parts to the outer edge of the dish.

Moisture, Sugar and Fat

Food high in moisture, sugar or fat cook faster. Add a minimum of liquid to moisten foods. Excessive amounts of water slow cooking.

Starting Temperature

Frozen or refrigerated foods take longer to microwave than food at room temperature.

Delicate Ingredients

Delicate foods such as eggs, cheese, mayonnaise, etc., cook very quickly, and should be watched carefully.

Microwave Cooking Techniques

Arranging: Arrange food in a circular pattern, with denser, thicker items at the edge of the dish.

Piercing: Pierce the membrane of foods such as eggs, oysters, snails, sausages, livers, clams and whole vegetables, so they do not burst. Pierce pouches when using cook-in-the-bag food items.

Reheating: Cooked food reheats extremely well by using a low level of microwave energy. Place denser foods near the outer edge of the dish when reheating.

Covering: Most foods will cook and reheat better when covered. Pierce plastic wrap to vent steam.

Stirring: Stir foods to help cook/reheat more quickly and evenly.

Turning Over: To promote even cooking, turn larger solid items such as roasts or baked potatoes over halfway through the cooking time.

Shielding: Use small, smooth strips of aluminum foil to prevent corners, thin or bony areas from overcooking.

Standing Time: Foods continue cooking even after removal from the oven. Standing time is necessary to allow foods to complete cooking/defrosting.

Converting Recipes

Microwave recipes will likely call for less liquid and cooking time.

Microwave Thermometers

A microwave-safe thermometer can be used to achieve the best results. Insert the thermometer carefully and properly into the food.

The guide below gives suggested thermometer readings for meat and poultry. Keep in mind that standing time is essential for most food to reach its proper temperature. Internal temperatures should be measured after 5-10 minutes of standing time.

Guide to Internal Temperatures

145°F (63°C)	Rare beef
150°F (66°C)	Vegetables, hot drinks, soups, casseroles
160°F (71°C)	Medium beef, lamb, veal, pork
170°F (77°C)	Well-done beef, lamb, pork
170°F (77°C)	Whole fish
185°F (85°C)	Well-done, poultry pieces or roasted bird

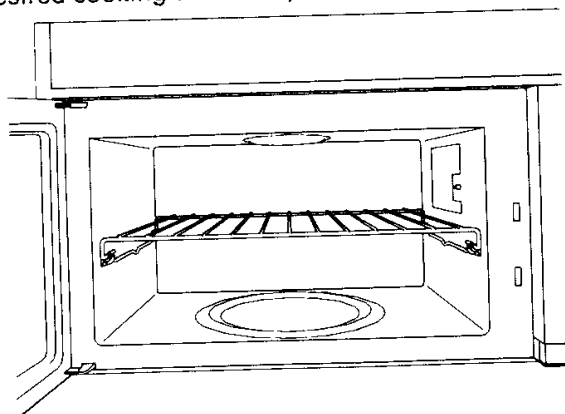
COOKING WITH METAL RACK

The metal rack gives you extra space when cooking more than one dish at the same time. Set the metal rack on the hooks located on the inside walls of the oven.

NOTE: The Turntable may be turned off to accommodate large dishes, See Turntable setting on page 22.

Metal Rack Installation

1. Place the Metal Rack in guides on the side wall of oven cavity as shown.
2. Place food into the oven following instructions below.
3. Set the desired cooking time and power level.



Tips for food placement:

- Place delicate quick cooking food on the bottom tray and longer cooking food on the metal rack.
- Place two foods with similar cooking times on the metal rack and one with a shorter cooking time on the bottom tray.
- If all foods require the same cooking time, reverse the location of dishes in the oven halfway through cooking time.
- Rotate the dishes, rearrange or stir food halfway through cooking for best results.
- Use plastic wrap to cover foods.
- Do not store the metal rack in the oven.
- Do not let food container or rack touch the top of the oven cavity.
- Do not use browning dish or metal container when using this rack.
- Only Timed Cooking can be used when cooking with metal rack. Do not use rack for One Touch cooking or defrosting.

ONE TOUCH COOKING

COOKING/REHEATING TIPS

REHEAT ENTREE

- Special packaging to “crisp” foods such as pizzas, French fries and pocket-type sandwiches should be cooked according to the manufacturer’s instructions.
- If entrée contains a sauce that may bubble over (such as pot pies or macaroni and cheese), place container on a microwave-safe plate to catch spills.

SOUP/BEVERAGE

- When cooking canned soups, remove soup from can and place in a microwave-safe dish. Add milk or water as directed on can. Cover.

POPCORN

- Do not use this feature if popcorn bag size is not 3.5 oz, 3.0 oz or 1.75 oz.
- Do not leave the oven unattended when popping popcorn.
- Supervise children closely.

Caution:

- 1) Pop only one bag at a time.
- 2) Do not reheat unpopped kernels or reuse bag. Overcooking can result in an oven fire.

3) Never use a brown paper bag for popping corn.

4) After popping, open bag carefully as popcorn and steam are extremely hot.

BAKED POTATO

- Arrange multiple potatoes in a circular pattern with heavier ends pointing toward the outer edge of the turntable.
- Do not place potato in the center of oven when cooking.

FRESH VEGETABLES

- Place in a bowl or dish. Add 1 tablespoon water per serving. Cover.
- Weight shown is for washed, prepared vegetables.

FROZEN VEGETABLES

- **Frozen vegetables in a pouch:** Remove frozen vegetables from package. Pierce the pouch and place in a microwave-safe casserole or dish.

One Touch Cooking/Reheating Guide

Item/ Amount	Press Keypad	Special Notes	Starting Temp.
Casserole/entree, lasagna, macaroni and cheese or other similar types.	REHEAT ENTREE (1 - 3 servings)	Cover with plastic wrap or casserole lid. Stir after reheating. Foods that cannot be stirred (Ex. lasagna) should be allowed to stand covered for a few minutes after reheating.	Refrigerated.
Plate of food, pasta in sauce, meatloaf dinner, turkey dinner or other similar types.		Arrange less dense foods in the center of plate. To reheat 2 to 3 servings, place on large plate. Cover with plastic wrap. Allow to stand covered for a few minutes after reheating.	

Item/ Amount	Press Keypad	Special Notes	Starting Temp.
Frozen entrees, such as lasagna, macaroni and cheese or other similar types.	FROZEN ENTREE (6, 9, 15, 20 oz)	Follow package directions for removing or venting cover, piercing pouch, replacing foil, covering with plastic wrap, etc.	Frozen
Coffee/Tea 1 serving (8 oz)	SOUP/ BEVERAGE (1 - 3 servings)	No cover. Stir after heating.	Room/ Refridge.
Soup 1 serving (8 oz)		Cover. Stir after heating.	
Milk 1 serving (8 oz)		No cover. Stir after heating. For hot chocolate, etc.	
Cooked pizza 1 slice (3 oz)	PIZZA SLICE (1 - 3 slices)	Place on paper towel or paper plate or leave in uncovered cardboard box, point toward center. CAUTION: Be careful when eating pizza. The pizza surface and sauce can be very hot.	Room/ Refridge.
Popcorn	POPCORN (3.5 oz, 3.0 oz, 1.75 oz)	Unfold the bag and place in oven according to directions.	Room
Potatoes, white, baking 1 potato (6 oz)	BAKED POTATO (1 - 3 potatoes)	Pierce skin with fork. Place on a paper towel. Turn over halfway through cooking. Let stand 3 -5 minutes after cooking.	Room
Artichokes, beans, broccoli, Brussel sprouts, cabbage, carrots, corn, cauliflower, eggplant, mushrooms, onion, okra, peas, spinach, squash, zucchini, or a mixture of these.	FRESH VEGETABLES (4, 8, 12 oz)	Wash. Prepare and cut into slices, cubes, wedges, or julienne strips. Place in a microwave-safe bowl or dish. Add 1 tablespoon water per serving. Cover. After cooking, let vegetables stand covered, for approximately 2 minutes.	Room/ Refridge.
Broccoli, Brussels sprouts, carrots, corn, cauliflower, green beans, peas, spinach, or a mixture of these.	FROZEN VEGETABLES (5, 10, 16 oz)	Follow package directions for adding water, piercing pouch, cooking in a dish, venting package, etc.	Frozen

TIMED COOKING - MEATS, POULTRY AND FISH

PREPARATION

- Use a microwave-safe dish.
- Defrost frozen food completely.
- Wash poultry and fish in cool water.
- Arrange small items in a single layer in dish, avoid overlapping edges of food.
- Place thick sections toward edge of the dish.
- Use a rack in the dish to elevate meat out of the juices.
- Use spices and seasonings as desired.
- Add salt after cooking, if necessary.
- Aluminum foil can be used to cover thin parts of meat or poultry wings and legs to prevent overcooking.
- Foil should be applied toward the end of cooking time.
- Place meat fat side down to start cooking. Turn fat side up half way through cooking time.

COOKING

- Use wax paper or plastic wrap to stop splattering.
- Turn over or rearrange meat, poultry and fish halfway through cooking time.

CHECKING DONENESS

Beef: The color of the meat, on the inside, indicates doneness. Rare roast should be red inside. Medium is pink and gray indicates well done.

Pork: Cooked pork meat should be gray with clear juice.

Poultry: Juices should be clear yellow when cooked. Legs should move freely.

Fish and Seafood: Should be opaque in color and flake easily.

To check internal temperature of various meats and poultry, use a microwave or conventional meat thermometer after removing meat from the oven. Insert the thermometer, avoiding bone or fat. Lower temperatures are found in the center of the roast or in the muscle close to a large bone. **Never use a conventional meat thermometer in the microwave oven. (See pg. 24).**

Return undercooked food to oven for a short period of time at the recommended power level. Let stand as recommended in chart. Cover roasts and whole poultry during stand time.

Food	Power	Cooking Time	Standing Time	Special Notes	
Beef 4 oz each Hamburgers, refrigerated	2	P100	2 - 4 min.	Place in a shallow dish and cover loosely with wax paper. Turn over halfway through cooking.	
	4	P100	4 - 6 min.		
	Hamburgers, frozen	2	P100	4 - 6 min.	Defrost frozen patties just enough to easily separate. Turn over halfway through cooking.
		4	P100	7 - 9 min.	
Roasts, tender 1 lb	P50	10 - 13 min.	10 - 15 min.	Cover with wax paper. Shield halfway through cooking and turn roast over if necessary. Stand tented with foil.	

Food	Power	Cooking Time	Standing Time	Special Notes
Beef Meat loaf, 1½ lb	P50	15 - 20 min.	5 min.	Arrange in dish. Cover with wax paper.
Pork Chops, loin ½ inch thick, 7 oz each	1 P100 2 P100 4 P100	3 - 5 min. 6 - 8 min. 9 - 11 min.	2 min. 3 min. 3 min.	Place in a shallow dish. Cover loosely with wax paper. Turn over halfway through cooking.
Pork roast, 1 lb	P50	12 - 15 min.	10 - 15 min.	Cover with wax paper. Shield halfway through cooking and turn roast over if necessary. Approx. temp. after standing: 170°F (77°C)*
Ham, slice 1 inch thick, 1 lb	P100	7 - 9 min.	5 min.	Cover with wax paper. Turn over halfway through cooking.
Sausage links, Wieners, fresh 1 - 2 oz each	2 P100 4 P100	½ - 2 min. 1 - 3 min.	1 min. 1 min.	Score or pierce before cooking. Cover with wax paper. Turn over once.
Bacon, slices	2 P100 4 P100	1½ - 2 min. 2½ - 4 min.	1 min. 1 min.	Cook on bacon rack and cover with a paper towel, or place bacon between two sheets of paper towel on dish. Do not turn bacon over.
Lamb Chops, shoulder ½ inch thick	1 P100 2 P100	2 - 4 min. 4 - 6 min.	2 min. 5 min.	Cover loosely with wax paper.
Poultry Chickens, whole, up to 4 lb 1 lb Cornish hens 1 lb	P100 P100	6 - 9 min. 5 - 8 min.	10 min. 10 min.	Place breast-side down on a roasting rack in a dish. Cover with plastic wrap or wax paper. Turn over halfway through cooking. Stand tented with foil. When cooked, internal temperature should be 185°F (85°C) and juices should run clear.

*Check with conventional thermometer.

Food	Power	Cooking Time	Standing Time	Special Notes
Poultry Chicken pieces, up to 2 lb 1 lb	P100	5 - 8 min.	5 min.	Arrange skin-side up in a baking dish, with meatier portions towards edge of dish. Turn over and rearrange halfway through cooking. Cover with plastic wrap or lid.
Fish and Seafood Fish fillets, $\frac{3}{4}$ lb Fish steaks 2, 6 oz each Scallops 1 lb Shrimp, medium size, shelled and cleaned, 1 lb Whole fish, stuffed or unstuffed, $1\frac{1}{2}$ to $1\frac{3}{4}$ lb	P100 P50 P70 P70 P100	4 - 6 min. 6 - 9 min. 4 - 7 min. 4 - 7 min. 7 - 10 min.	3 min. 5 min. 3 min. 3 min. 5 min.	Arrange in a single layer in dish. Cover with wax paper. Rearrange or stir shrimp or scallops halfway through cooking.

MAINTENANCE

TROUBLESHOOTING

Check your problem by using the chart below and try the solutions for each problem. If the microwave oven still does not work properly, contact the nearest authorized service center.

TROUBLE	POSSIBLE CAUSE	POSSIBLE REMEDY
Oven will not start.	<ul style="list-style-type: none"> • Electrical cord for oven is not plugged in. • Door is open. • A fuse in your home may be blown. • The circuit breaker tripped. • Plug is not inserted into wall outlet properly. 	<ul style="list-style-type: none"> • Plug into the outlet. • Close the door and try again. • You did not press START. • Replace fuse or contact a qualified electrician. • Reset circuit breaker. • Fully insert the 3-prong plug into wall outlet.
Arcing or sparking.	<ul style="list-style-type: none"> • Materials to be avoided in microwave oven such as metal or foil are used. • The oven is operated when empty. • Spilled food remains in the cavity. 	<ul style="list-style-type: none"> • Check materials and utensils you can use in microwave oven. (page 8) • Do not operate with oven empty. • Clean cavity with wet towel.
Food is not cooked, defrosted enough or overcooked.	<ul style="list-style-type: none"> • Materials to be avoided in microwave oven are used. • Oven ventilation ports are restricted. • The cooking time or power level is not at recommended setting. • Food is not turned or stirred. 	<ul style="list-style-type: none"> • Use microwave-safe cookware only. (page 8) • Check to see that oven ventilation ports are not restricted. • Check the chart. (page 15) • Turn or stir food.
LOCK appears on display.	<ul style="list-style-type: none"> • The control is locked. 	<ul style="list-style-type: none"> • Press START and hold for 4 seconds to unlock control panel. (page 13)
The oven is not cooking even though the display shows time counting down.	<ul style="list-style-type: none"> • You may be using Timer. • The door is not securely closed. 	<ul style="list-style-type: none"> • Press STOP/CLEAR to cancel the Timer. • Open and close the door.
The turntable will not rotate.	<ul style="list-style-type: none"> • You have turned the turntable off. • The turntable is not correctly in place. 	<ul style="list-style-type: none"> • Set TURNTABLE ON/OFF key to on. (page 22) • Check that the turntable is correctly placed on the receptacle. See turntable installation on page 10.
You do not hear any tone when keypad is pressed or end-of-cooking sound.	<ul style="list-style-type: none"> • You have turned off beep sound. 	<ul style="list-style-type: none"> • Reset the setting to beep sound on. See the optional settings on page 17.

MAINTENANCE

QUESTIONS AND ANSWERS

- Q.** When the microwave oven is plugged into a wall outlet for the first time, it does not work properly. What is wrong?
- A.** The microcomputer used in the microwave oven control may temporarily become scrambled and fail to function as programmed. Unplug the oven from the wall outlet and then plug it back in again. The microcomputer should then automatically reset for proper functioning.
- Q.** Why is there noise coming from the turntable when the microwave oven is turned on?
- A.** This noise occurs when the turntable roller rest and cavity bottom are dirty. Clean the turntable roller rest and cavity bottom. Frequent cleaning of these parts should eliminate or reduce the noise.
- Q.** Why is there noise coming from the microwave oven when reducing power?
- A.** When cooking with a power other than P100, the oven cycles on and off to obtain the lower power level. The clicking noise can be heard when the oven cycles on and off. This is normal.
- Q.** Why is there steam coming out of the air exhaust vent?
- A.** Steam is produced during cooking. The microwave oven has been made to vent this steam out of the air exhaust vent.
- Q.** What is wrong when the microwave oven interior light will not glow?
- A.** There may be several reasons why the interior light will not glow. The light bulb may have burned out or **START** may not have been pressed. Replace the light bulb or press **START**. Never replace the light bulb by yourself. Contact an Authorized Service Center.
- Q.** Why do eggs sometimes pop?
- A.** The egg yolk may pop because of steam build-up inside the membrane. Pierce the membrane with a toothpick before cooking it. **Never microwave eggs in the shell since they may explode.**
- Q.** How are boil-overs avoided?
- A.** Use a larger utensil than usual for cooking or use a lower power level. If you open the microwave oven door or touch **STOP/CLEAR**, the food will stop boiling.
- Q.** Why does the beep tone sound when a pad on the control panel is pressed?
- A.** The beep tone sounds to assure that the setting is being properly entered. However, you can turn off the beep tone. See optional settings on page 17.
- Q.** Why does the exhaust fan start when the FAN keypad is not pressed?
- A.** High temperature air from the heating surface below microwave oven can cause an overheating condition that may damage the oven. The exhaust fan will start automatically to cool off the microwave oven and prevent damage to it.
- Q.** How can you be sure your microwave oven is turned off when the exhaust fan is operating?
- A.** When you are operating the microwave, the sound of the exhaust fan may be louder than the microwave itself. This could possibly prevent you from knowing for sure if the microwave oven is turned off. The microwave oven is designed to automatically turn off when door is open.
If for some reason you are not sure the microwave oven is turned off, turn the exhaust fan off to eliminate the sound and check to see if the microwave oven is operating. If you are still not satisfied, have the microwave oven checked.

CARE AND CLEANING

Wipe the microwave oven inside and outside with a soft cloth and a mild detergent solution. Then rinse and wipe dry. This should be done on a weekly basis, more often if needed. Never use cleaning powders or rough pads. Excessive oil splatters on the top of the interior cavity will be difficult to remove if left for many days. Wipe splatters with a wet paper towel, especially after cooking chicken or bacon.

Stubborn soils: Boil a cup of water in the oven for 2 minutes. Steam will soften the soil. To get rid of odors inside the oven, boil a cup of water with some lemon juice in it.

REMOVABLE PARTS

The following parts may be removed as described. They should be washed in warm (not hot) water with a mild detergent and a soft cloth. Once they are clean, rinse them well and dry with a soft cloth. Never use cleaning powders, steel wool or rough pads.

- The turntable may be cleaned in the sink. Be careful not to chip or scratch the edges as this may cause the turntable to break during use. It may be washed in the dishwasher.
- The turntable roller rest should be cleaned regularly. It may be washed in the dishwasher.

The metal grease filters should be cleaned once a month or as needed. Soak grease filters in hot water and a mild detergent. Scrub to remove embedded dirt and grease. Rinse well and shake to dry. Do not use ammonia, corrosive cleaning agents such as lye-based oven cleaner. Do not place in a dishwasher. The filter will turn black or could be damaged.

SPECIAL CARE

For best performance and safety, the inner door panel and the oven front frame should be free of food or grease buildup. Clean them often with a mild detergent. Then rinse and wipe dry. Never use cleaning powders or abrasive pads.

STAINLESS STEEL/BRUSHED CHROME (SELECT MODELS):

- **DO NOT USE ANY CLEANING PRODUCT CONTAINING CHLORINE BLEACH.**
- **ALWAYS WIPE WITH THE GRAIN WHEN CLEANING.**
- **TO PREVENT SCRATCHING, DO NOT USE ABRASIVE OR CAUSTIC AGENTS.**
- **Daily Cleaning/Light Soil** -- Wipe with one of the following - soapy water, white vinegar/water solution, Formula 409 Glass and Surface Cleaner* or a similar multi-surface cleaner - using a sponge or soft cloth. Rinse and dry. To polish and help prevent fingerprints, follow with Stainless Steel Magic Spray (Part No.20000008).**
- **Moderate/Heavy Soil** -- Wipe with one of the following - Bon Ami or Soft Scrub* - using a damp sponge or soft cloth. Rinse and dry. To restore luster and remove streaks, follow with Stainless Steel Magic Spray.
- **Discoloration** -- Using a damp sponge or soft cloth, wipe with Cameo Stainless Steel Cleaner*. Rinse immediately and dry. To polish and help prevent fingerprints, follow with Stainless Steel Magic Spray.

After cleaning the control panel, press **STOP/CLEAR** to clear any entries that might have been entered accidentally while cleaning the panel.

THE **CHILD LOCK - OUT** feature can be activated to clean the control panel. (page 13.)

COOKTOP LIGHT replacement

To replace the cooktop light bulb, follow instructions below:

1. Disconnect the power.
2. Remove the screw and carefully remove the cover.
3. Replace with a 40-watt incandescent bulb available from your authorized dealer. High intensity 40-watt bulbs, which are available in supermarkets and hardware stores, may also be used.
4. Replace the cover and put the screw back in.
5. Plug in oven or reconnect power.

Caution:

Be sure the power is disconnected at the house circuit breaker or unplug the power supply cord.

When light is damaged, contact your Authorized Service center.

*Brand names and registered trademarks of the respective manufacturer.

**To order, call 1-800-688-8408.

MICROWAVE OVEN WARRANTY

Full One Year Warranty

For one (1) year from the date of original retail purchase, any part which fails in normal home use will be repaired or replaced free of charge.

Limited Parts Warranty

After the first year from the date of original retail purchase through the fifth year, the following parts which fail in normal home use will be repaired or replaced free of charge for the part itself, with the owner paying all other costs, including labor, when the appliance is located in the United States or Canada: (1) Touch pad and microprocessor, (2) Magnetron tube, (3) High voltage transformer, (4) High voltage capacitor (5) High voltage rectifier.

Limited Parts Warranty Outside the United States or Canada

For one (1) year from the date of original retail purchase, any part which fails in normal home use will be repaired or replaced free of charge for the part itself, with the owner paying all other costs, including labor, when the appliance is located outside the United States or Canada.

Canadian Residents

This warranty covers only those appliances installed in Canada that have been listed with Canadian Standards Association unless the appliances are brought into Canada due to transfer of residence from the United States to Canada.

What is Not Covered by These Warranties

1. Conditions and damages resulting from any of the following:
 - a. Improper installation, delivery or maintenance.
 - b. Any repair, modification, alteration, or adjustment not authorized by the manufacturer or an authorized servicer.
 - c. Misuse, abuse, accidents or unreasonable use.
 - d. Incorrect electric current, voltage or supply.
 - e. Improper setting of any control.
 2. Warranties are void if the original serial numbers have been removed, altered, or cannot be readily determined.
 3. Light bulbs.
 4. Products purchased for commercial or industrial use.
 5. The cost of service or service call to:
 - a. Correct installation errors.
 - b. Instruct the user on the proper use of the product.
 - c. Transport the appliance to the servicer.
 6. Consequential or incidental damages sustained by any person as a result of any breach of these warranties.
- Some states do not allow the exclusion or limitation of consequential or incidental damages, so the above exclusion may not apply.

MAINTENANCE

MICROWAVE OVEN WARRANTY(CONT.)

If You Need Service

- Call the dealer from whom your appliance was purchased or call Maytag Appliances Sales Company, Maytag Customer Assistance at 1-800-688-1120, USA and Canada or 1-423-472-3333 to locate an authorized servicer.
- Be sure to retain proof of purchase to verify warranty status. Refer to WARRANTY (above) for further information on owner's responsibilities for warranty service.
- If the dealer or service company cannot resolve the problem, write to Maytag Appliances Sales Company, Attn: CAIR® Center, P.O. Box 2370, Cleveland, TN 37320-2370, or call **1-800-688-1120** or **1-423-472-3333**. U.S. customers using TTY for deaf, hearing impaired or speech impaired, call 1-800-688-2080.

NOTE: When writing or calling about a service problem, please include the following information:

- a. Your name, address and telephone number;
 - b. Model number and serial number;
 - c. Name and address of your dealer or servicer;
 - d. A clear description of the problem you are having;
 - e. Proof of purchase (sales receipt).
- User's guides, service manuals and parts catalogs are available from Maytag Appliances Sales Company, Maytag Customer Assistance.